



La Crosse Track Club & UW-L Youth Track & Field 2017

Attendance expectations and weather-related cancellations

ATTENDANCE – PRACTICES

- Practice is always optional and based on what your schedule will allow
- There is no need to notify a coach if your child must miss a practice
- Practices are held rain or shine, unless cancelled due to extreme heat or high risk of lightning (see below)

ATTENDANCE – MEETS

- Participation in track meets are always optional (but obviously encouraged)
- If you pre-register your athlete for a meet, but then find that he/she cannot participate in it, please notify coach Dan Schraith.
- If your athlete is on a RELAY TEAM, remember that teammates depends on each other! If you learn that your athlete can't participate on a relay team that he/she was signed up for, please notify the coach immediately.
- Meets are held rain or shine, just like practices, with same exceptions for extreme weather cancellations.

WEATHER-RELATED CANCELLATIONS

- There are 2 weather-related scenarios which will lead to a practice cancellation: extreme heat and high risk of lightning. Extreme heat is defined as heat index of 105 or greater. Risk of lightning is a judgment call based on radar or by personal observation. Please note that rain alone will not cancel practice. Feel free to use your own judgment of course... if your kids will be miserable in the rain, then don't send 'em. But just know that unless practice is explicitly cancelled, coaches will be at the track, rain or shine.
- Mid-summer evenings are often hot and humid, even if the heat index is below 105°. Practices in these conditions will be scaled back appropriately to ensure safety. Make sure your youth athletes are adequately hydrated all day, and have adequate water or Gatorade at practice.
- Practice cancellations due to weather will occur by email no less than 1 hour prior to the start of practice. Mobile text alerts will also be sent to all who opt in to this method of communication. If you don't receive a cancellation notice to the email address you provided during registration, then practice is "on"!